





Physical Activity For Children Six to Eight Years



Benefits of Physical Activity to Children

- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

Physical Activities for Children Six Years to Eight Years

Popcorn	Red Light, Green Light	Cone Course	Pinball
 Using either a parachute or large sheet, have the children hold onto the edges. Place a series of different size balls or soft objects on the sheet. Then have the children shake it until all of the "popcorn is finished"-off the parachute or sheet.	 Place your child up at one end of an area. Tell the child that you are a traffic light. When you say green light, the child should run. When you say yellow light, the child should slow to a jog. When you say red light, then the child should stop. When you say green light, the child should run again.	 Set up a series of cones or obstacles for your child to: <ul style="list-style-type: none"> • Dribble a ball through • Kick a ball through • Use a stick to push a ball through 	 Using scoops or cut out liter pop bottles and a Whiffle ball or a similar size paper ball, have children set up staggered in two lines facing each other in an area. Have one child in the middle with the ball in the scoop. Have the child underhand toss the ball to the first "bumper". The "bumper" will then toss it back, and the child will continue through the "pinball" course.

Movements to Work on With Your Child

Catching	Scurrying	Tagging
Charging	Skating	Throwing
Chasing	Skipping	Tip-Toeing
Dangling	Sneaking	Tumbling
Jumping	Striking	
Leaping	Strutting	
Prancing	Surrounding	
Scattering	Swinging	



Sample Toys for Children Six to Eight Year Olds

- Baseball/Softball Glove
- 9-12" Balls
- Bicycle with Helmet
- Climbing Ropes
- Full Size Scooter
- Hand Scoops, Paddle Racquets
- Hula-Hoop
- Juggling Scarves
- Jump ropes
- Junior Size Soccerball, Football, Volleyball, Basketball, Bat and Tee
- Low Stilts
- Rhythm Sticks
- Tennis Balls
- Tumbling Mats
- Whiffle Balls



References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

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